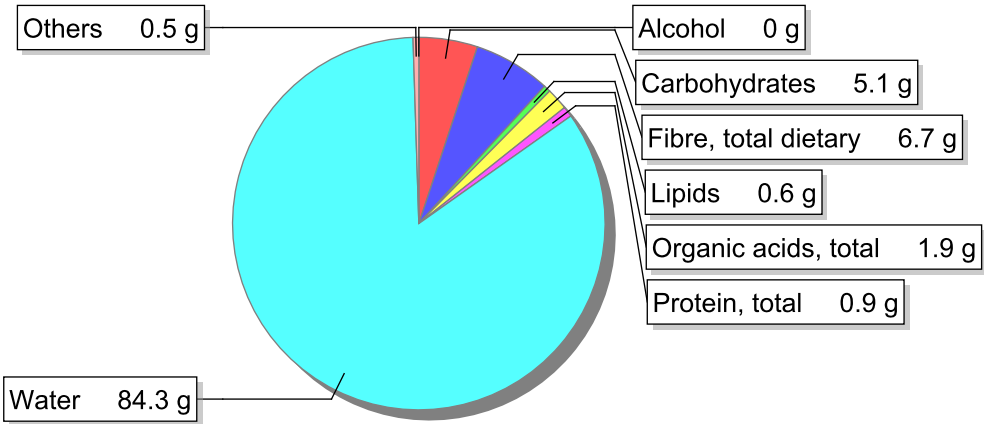


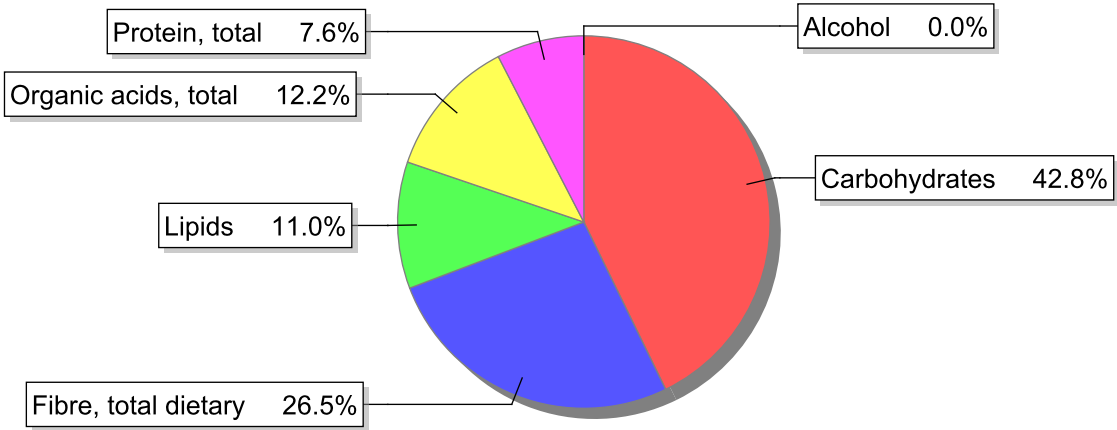
Food

Name: Raspberries
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code: IS653
FoodEX2 Code: A01EN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	49	kcal	
energy kJ, total metabolisable	203	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	5.1	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	6.7	g	
protein, total	0.9	g	57
alcohol	0	g	
water	84.3	g	
organic acids, total	1.9	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	2	µg	
carotene, total (vitamin A precursors)	10	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.03	mg	
riboflavin	0.02	mg	57
niacin, preformed	0.6	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	
vitamin C	30	mg	
folate, total	33	µg	
ash	0.54	g	
sodium	1	mg	
potassium	230	mg	
calcium	26	mg	57
phosphorus	23	mg	57
magnesium	20	mg	
iron, total	0.5	mg	57
zinc	0.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB